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AUTHOR Cavanagh, Peter R., Ed.
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ABSTRACT

Contributions from researchers in the field of running mechanics are included in the 13 chapters of this book. The following topics are covered: (1) "The Mechanics of Distance Running: A Historical Perspective" (Peter Cavanagh); (2) "Stride Length in Distance Running: Velocity, Body Dimensions, and Added Mass Effects" (Peter Cavanagh, Rodger Kram); (3) "Sagittal Plane Kinematics of the Lower Extremity During Distance Running" (Monica Milliron, Peter Cavanagh); (4) "Upper Extremity Function in Distance Running" (Richard Hinrichs); (5) "Rearfoot Motion in Distance Running" (Christopher Edington, E. C. Frederick, Peter Cavanagh); (6) "Muscle Activity in Running" (Irene McClay, Mark Lake, Peter Cavanagh); (7) "The Lessons from Animal Studies" (R. McNeill Alexander); (8) "Ground Reaction Forces in Distance Running" (Doris Miller); (9) "Transmission and Attenuation of Heelstrike Accelerations" (Gordon Valiant); (10) "Biomechanical Aspects of Distance Running Injuries" (Stanley James, Donald Jones); (11) "Relationships between Distance Running Biomechanics and Running Economy" (Keith Williams); (12) "Scale Effects in Distance Running" (E. C. Frederick); and (13) "Gender Differences in Distance Running" (Anne E. Atwater). (JD)

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